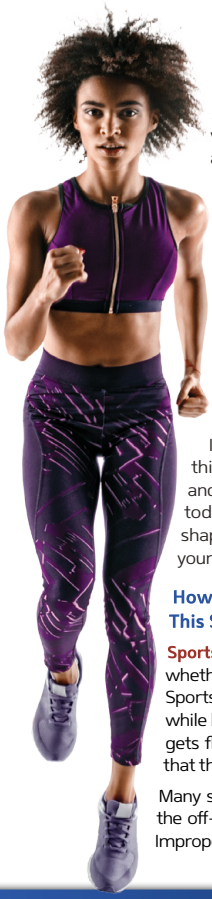
Anatomy Physiotherapy Clinic

NEWSLETTER



PHYSIOTHERAPY CAN HELP YOU GET BACK TO

SPORTS THIS SPRING

Are you looking forward to the beautiful weather this spring? With so many great activities to look forward to, it's important to make sure your health is in tip-top shape for this season. At Anatomy Physiotherapy, our physiotherapists can help you get over an injury and get ready for spring-time fun!

A physiotherapy program can increase your fitness level and help you make the most of your favourite activities. Physiotherapists are movement experts who understand the body's demands and how to prepare for activities like running, biking, and playing sports.

If you're looking to get more physical activity this season or finally resolve that old injury and aching joints, call Anatomy Physiotherapy today. We'd love to help you get in the best shape possible so you can participate in all of your favourite activities!

How Physiotherapy Can Help You Be Ready This Spring

Sports: Being able to practice the sport you love, whether competitively or just for fun, is essential. Sports provide a way for you to get physical activity while having fun. Your heart rate rises, your blood gets flowing, and your muscles get the workout that they need.

Many sports injuries are caused by not training in the off-season or trying to do too much too soon. Improper training and conditioning .can resurface old injuries and/or create new injuries. Our physiotherapists can help you implement effective strategies to prevent sports injuries this season.

A few common sports injuries that physiotherapy can treat include:

- Ligament sprains
- Muscle strains
- Overuse injuries (i.e., tendonitis, joint pain)
- Cartilage tears

It doesn't matter if you play golf, softball, lacrosse, swim, baseball, or another sport. Our physiotherapists at Anatomy Physiotherapy can help you get in shape and be prepared for the season. We can also guide you to recover from past injuries that may not have adequately healed.

Here are some excellent activities that can get you in shape and help you get back to playing the sports you love this season!

Biking: Biking is a fun activity people enjoy as it warms up

Continued on next page



See Inside

- *Exercise Essentials*
- *Check Out Our Stittsville Clinic*
- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*

ANATOMY PHYSIOTHERAPY CAN GET YOU BACK TO YOUR PEAK LEVEL OF PHYSICAL HEALTH.

Orleans Blvd. — 613-801-1156
St. Laurent Blvd. — 613-801-3628
Westboro — 613-900-5587
Stittsville — 613-801-2223

www.anatomyphysioclinic.com

PHYSIOTHERAPY CAN HELP YOU GET BACK TO

SPORTS THIS SPRING

Click Here To Schedule An Evaluation

Continued from previous page.

outside. Whether you are riding on the road or the trails, biking can prove to be difficult if you're suffering from injuries that have not healed or chronic pain conditions that restrict your mobility.

If you haven't been on a bicycle for several years, you can start out riding just a few times each week. The great thing about biking is that you can go as slow or as fast as you're able. Riding a bicycle will keep you active, even 15 or 20 minutes twice a week is a good start.

A physiotherapist can show you the best way to ride the type of bike you own. Our physiotherapist can help to mobilize your joints, build up strength and improve your endurance so you can continue taking those long bike rides through the park, mountains, or city streets! Having the proper fit can ensure you spend time enjoying the ride instead of recovering from an injury.

Running: One of the best activities to get in shape or decompress from stress is running. Unfortunately, new and old runners alike will experience injuries that prevent them from putting in the miles. Too often, runners ignore their injuries or don't resolve them entirely, only to worsen or develop a new problem.

While running may be your chosen spring activity, it certainly can be hard on the body, and without proper guidance, you may find yourself unable to run at all. That's why participating in a regular physiotherapy routine at Anatomy Physiotherapy is such a good idea.

If you're having difficulty running at the same levels of speed or distances that you're used to, it's a sign you should see a physiotherapist ASAP for care. We'll make sure your muscles are strong, and your plan for training is sound. We can help make sure your joint health is up to par before you hit the trails this season.

Request An Appointment Today!

Spring has sprung, and it's time for you to get back in the saddle when it comes to your outdoor activities and hobbies. Whatever you enjoy doing to stay active, our physiotherapists at Anatomy Physiotherapy can make sure your body is fully equipped to handle it!

Call our clinic today to schedule a consultation, so you can get out there and enjoy all spring has to offer!



HEALTHY RECIPE: Lentil Salad with Spring Veggies, Mint and Yogurt Sauce



Ingredients

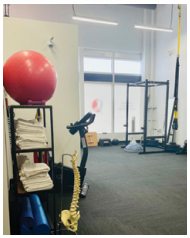
- 2 c cooked lentils
- 3 c spring veggies — your choice of snap peas, English peas, snow peas, green beans, asparagus, radishes or chard
- 3 tbsp red onion, chopped fine
- 2 garlic cloves, finely minced
- ¼ c chopped mint leaves
- 2 tbsp olive oil
- 1 lemon, zest and juice
- Salt and pepper to taste

Optional Yogurt Sauce:

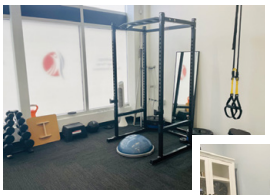
- 1 c plain thick greek yogurt
- 1 tablespoon lemon juice
- 2 tbsp fresh chopped dill
- 2 garlic cloves finely minced
- ¼ teaspoon salt

Directions Cook the lentils in salted water until tender, but not falling apart. Lightly steam, grill or blanch the veggies. If adding radishes, you can keep those raw and crunchy- (or feel free to grill them). If using chard, finely chop and wilt in a pan with a little olive oil, shallot or garlic, and salt and pepper. Place the lentils, veggies, onion, garlic and mint in a bowl. Toss with the olive oil, lemon zest and juice from ½ a lemon. Season generously with salt, pepper and optional sumac. Adjust lemon, adding more if you like. If it's bland, it most likely needs salt. Make the optional Yogurt Sauce to lather on the bottle of the plate or platter. Mix all the ingredients together in a small bowl. Smear the yogurt sauce on a platter (or individual bowls or plates) then top with lentil salad. Dive in.

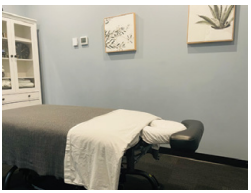
CHECK OUT OUR
STITTSVILLE CLINIC











The team at Stittsville and all our clinics, are here to help you be the best, pain-free, healthy self you can be. Call today to set up your appointment.

PATIENT SUCCESS SPOTLIGHT

"... Tanya is very thorough and lovely to deal with."

"I have only been 2 times, but Tanya is very thorough and lovely to deal with. My husband has been going for treatments for over 2 years and he just loves everyone (even if they cause him some pain)" **–C. R.**

We would love to hear your physiotherapy success story!

Click Here To Visit Our Google Review Page

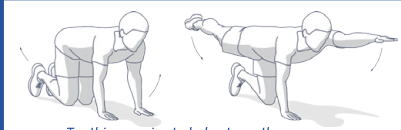
At Anatomy Physiotherapy you can find solutions to your pain and get back to living the life you enjoy!

Click Here To Schedule An Evaluation

Exercise Essentials

BIRD DOG 4-POINT ARM & LEG RAISE

Begin by placing your knees and hands on the floor, with your hips and shoulders at a 90° angle. While keeping stable and engaging your core muscles, lift one arm and an opposite leg straight out toward the horizon, with your thumb pointed to the ceiling. Place both arm and leg back down to starting position. Perform 10 repetitions and then repeat this exercise with the opposite arm and leg. To build stability, this exercise can first be performed using only the arm or leg, and the opposing arm or leg can be added once ready for progression.



Try this exercise to help strengthen your core and relieve lower back pain.

You deserve to feel better!

SCHEDULE YOUR APPOINTMENT TODAY!

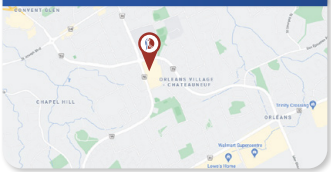
Anatomy Physiotherapy Clinic

Orleans Blvd. — 613-801-1156
St. Laurent Blvd. — 613-801-3628
Westboro — 613-900-5587
Stittsville — 613-801-2223
www.anatomyphysioclinic.com

Anatomy Physiotherapy Clinic

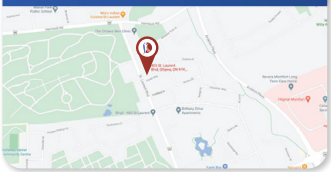
1615 Orleans Blvd. Suite 105
Orleans, ON, K1C 7E2

TEL: 613-801-1156
FAX: 613-424-4499



425 St. Laurent Blvd.
Ottawa, ON, K1K 2Z8

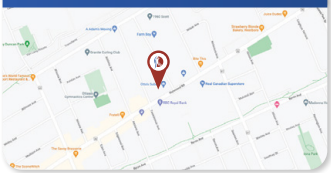
TEL: 613-801-3628
FAX: 613-680-5577



4 Convenient Locations To Serve You!

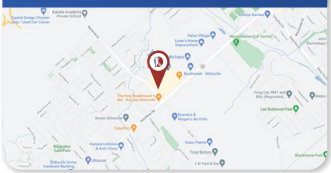
205 Richmond Road, Unit 109
Ottawa, ON, K1Z 6W4

TEL: 613-900-5587
FAX: 613-761-7387



5703 Hazeldean Road, Unit 3
Stittsville, ON, K2S 0P6

TEL: 613-801-2223
FAX: 613-836-5801



Call us to schedule an appointment today!

Click Here To Schedule An Evaluation

www.anatomyphysioclinic.com